<http://www.education.pa.gov/Documents/Teachers-Administrators/Certification%20Preparation%20Programs/Specific%20Program%20Guidelines/HealthandPhysicalEducation.pdf>

**Health and Physical Education Certification Preparation**

**I. Knowing the Content**

The professional education program provides evidence that Health and Physical Education

teacher certification candidates complete a program containing academic content courses and

required electives the same as a bachelor’s degree in health and physical education. This

program shall require candidates to demonstrate knowledge of and competencies in applying

the fundamental concepts in health and physical education necessary to teach across K-12

levels including:

I.A. Foundations of health and physical education including:

• historical, philosophical, sociological, psychological and developmental factors

associated with diverse issues in health and physical education

I.B. Anatomy and physiology including:

• organic, skeletal, and neuromuscular structures of the human body,

• physical principles inherent in movement,

• how these systems adapt to exercise,

• how they contribute to motor performance, fitness, and wellness,

• how students grow, develop, and learn

I.C. Contemporary topics in health education including:

• personal health, wellness and fitness,

• consumer and community health,

• family life education,

• nutrition, weight control and eating disorders,

• environmental health,

• first aid, safety and prevention and care of injuries,

• mental and emotional health,

• communicable and chronic diseases,

• substance use and abuse,

• human sexuality,

• violence

I.D. Contemporary topics in physical education including:

• skill analysis and adaptation of all skills and activities,

• personal fitness,

• fundamental movement skills and activities,

• aquatic skills and activities,

• gymnastics skills and activities,

• individual, dual, and team sports,

• lifetime leisure skills, activities and games,

• dance and rhythmic skills and activities,

• outdoor pursuits and adventure based skills and activities

I.E. Adaptive physical education including:

• health problems of the atypical student,

• chronic health problems,

• postural deviations,

• special education classifications,

• health and physical education activities that meet the needs of special needs students,

• impact of physical, cognitive, social, and emotional development on learning,

including students with special needs

I.F. Health promotion and fitness management including:

• health related fitness,

• skill related fitness,

• wellness,

• psychological aspects of health,

• design of intervention strategies,

• technology and assessment in health and fitness

I.G. Measurement fundamentals, formal and informal assessment strategies, and their

applications (e.g., students, instruction, and programs) in health and physical education

I.H. Pedagogical constructs (e.g., teaching styles, teaching strategies, management

techniques, sequential learning, feedback, and discipline) and curricular components (e.g.,

objectives, content,

implementation, assessment, and lesson design) appropriate to K-12 health and physical

education programs

I.I. Program administration in Health and Physical Education including:

• personnel and staffing patterns,

• facilities planning, budgeting, scheduling and ordering of equipment,

• program safety, injury prevention and treatment, and liability,

• public relations

**II. Performances**

The professional education program provides evidence that health and physical education

certification

candidates demonstrate their knowledge of and competence in the delivery of health and

physical education instruction, under the supervision of college personnel and

cooperating teachers, who have demonstrated competence in teaching health and physical

education. The program also provides evidence that the criteria and competencies for

exit are assessed in the coursework, field experiences and student teaching and require

the candidates to demonstrate their knowledge of and competence in fostering student

learning through multiple instructional methodologies including:

II.A. Managing the instructional environment in order to:

• communicate challenging learning expectations to each student,

• establish and maintain rapport with students and promote mutual respect among

teacher and students,

• instill in all students a belief that they can succeed in motor skills,

• establish and maintain consistent standards of classroom behavior,

• make the environment safe and conducive to learning including conflict resolution

II.B. Long-range and short-range planning of instruction, done independently and in

collaboration with:

• health and physical education subject matter,

• students and the community,

• Pennsylvania Academic Standards,

• content analysis with specific objectives,

• instructional methods, including materials and activities,

• results of student assessments

II.C. Selecting, adapting and implementing a variety of instructional strategies which

facilitate learning by accounting for varied learning styles and physical abilities and, to

include the use of traditional methods and equipment as well as modern technologies

II.D. Selecting, analyzing, and modifying instructional materials to provide for maximum

learning of diverse students

II.E. Assessing and evaluating students’ understanding of content through a variety of

means, providing feedback to students to assist learning, and adjusting instructional strategies

**III. Professionalism**

The professional education program provides evidence that each Health and Physical

Education certification candidate demonstrate knowledge and competencies that foster

professionalism in school and community settings including:

III.A. Professional organizations, professional journals, conferences, and other resources for

ongoing professional development

III.B. Integrity and ethical behavior, professional conduct as stated in Pennsylvania’s Code

of Professional Practice and Conduct for Educators; and local, state, and federal laws and

regulations

III.C. Establishing and maintaining collaborative relationships with colleagues of the

elementary, secondary and higher education levels to improve student learning

III.D. Communicating effectively with parents or guardians, other agencies and the

community at large to support learning by all students

<http://www.education.pa.gov/Teachers%20-%20Administrators/Certifications/Certification%20Staffind%20Policies%20CSPGs/CSPG%2047.pdf>

**Health and Physical Education Certification**

CSPG No. 047 Instructional Area Codes 4810 and 4805

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Certification Staffing Assignment

Health (4810) and Health and Physical Education (4805)

(K-12)

Health and physical education is the science or art of teaching knowledge related to the physical, mental, emotional and sociable dimensions of health and physical education.

This document contains the following sections:

Grade Level Scope of Certificate

Certification Assignment

Special Considerations

Restrictions

References

Summary of Changes

Grade Level Scope of Certificate:

A person holding a valid Pennsylvania certificate for health education or health and physical education is qualified to teach all courses in grades kindergarten through twelve.

Certification Assignment:

An educator holding a valid Pennsylvania certificate for Health and Physical Education (Code 4805) is qualified to teach: health; kinesiology; motor skill development and motor learning; group interactions; personal fitness; principles of exercise and training; the effects of physical activity on the body systems; games and sports; lifetime leisure skills; dance and rhythmic activities; outdoor skills and activities; and adaptive physical education and swimming/aquatics.

An educator holding a valid Pennsylvania certificate for Health (Code 4810) is qualified to teach: human anatomy and physiology; human growth and development; human sexuality; personal health; nutrition, weight control and eating disorders; alcohol, tobacco and chemical substance abuse; mental and emotional health; personal hygiene; consumer health related information, products, services, and consumer choices; first aid, safety and prevention; diseases and disorders, HIV/AIDS education; community health; and violence prevention.

Special Considerations:

 An educator certified in this field may:

o Provide professional development;

o Serve in the role of mentor or advisor; and

o Assist students in understanding how to read content area materials.

 Swimming/Aquatics:

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o Any Instructional I or II certificate area may teach swimming/aquatics if they also hold:

 A Water Safety Instructor’s (WSI) certificate from a Pennsylvania Department of Health approved provider; OR

 A Lifeguard certificate from a Pennsylvania Department of Health approved provider.

o The instructor of lifeguarding must be a Certified Lifeguard Instructor from a Pennsylvania Department of Health approved provider.

Restrictions:

An educator with a Health certificate only is not qualified to direct or conduct classes in physical education.

References:

Program Specific Guidelines for Certification.

Pa. Public School Code: §1202